

Helpline for children & teen & parents

Helpline for children & teens & parents offers telephone counselling to people in Russia who wish to receive emergency psychological assistance.

Tel: 8-800-2000-122

Samaritans Cherepovets

Samaritans Cherepovets offers suicide prevention support to people in Russia. They operate from 9 AM to 9 PM every day.

Tel: 007 (8202) 577-577

Suicide/Crisis line

Suicide/Crisis line provides free and confidential emotional support to people in emotional distress or those having a suicidal crisis.

Tel: (495) 625 3101

Кризисный Центр для Женщин (Crisis Center for Women)

Кризисный Центр для Женщин (Crisis Center for Women) provides assistance to women who have experienced sexual and physical violence, as well as in other crisis situations.

The helpline is available from 11:00 to 18:00 (on weekdays and Sundays, consultations of a psychologist, on Saturdays - a lawyer)

Tel: (812) 327-30-00

НеГорячаяЛиния NotHotline

НеГорячаяЛиния NotHotline provides assistance to men who are in distress or is at risk of suicide. The helpline is available every 2pm to 2am.

Tel: 8 800 707 54 65